

7 DAY LIVER DETOX

With Chloe Potter



WELCOME

Detox preparation



Welcome to day 1. WOOHOOO how exciting, it's time to prepare for the liver detox which includes your liver flush on days 6 & 7, Imagine how good you are going to feel once those nasty, slimy green stones are out of your system.

I'm telling you now, you are going to feel so clean, healthy and energised once the old gunk is cleaned out.

And the icing on the cake is going to be feeling good emotionally, once your liver is clean, you'll have less toxins to process, which means better hormone regulation, better sleep and health.

Below is your shopping list with links, alternatives and all the information you need to source the ingredients. Once you've done your shopping, the preparation should only take a few hours. Happy detoxing! I can't wait to hear about your results.

A handwritten signature in black ink that reads "Chloe Potter".

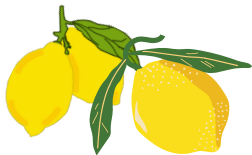
Ps. Don't forget to join the exclusive private Facebook support group, check out what others are saying and their results

Join the private Facebook group **HERE**



YOUR LIVER DETOX & FLUSH SCHEDULE

| | | |
|-------|----------------------------|---|
| Day 1 | Shopping & Preparation | Welcome - Information |
| Day 2 | Detox meal plan starts | Masterclass - The Spiritual Meaning of Detoxing |
| Day 3 | Detox meal plan | Masterclass - The Emotions of The Liver |
| Day 4 | Detox meal plan | Hypnotherapy - Release Emotions of The Liver |
| Day 5 | Detox meal plan | Liver Flush Preparation |
| Day 6 | Liver flush day | Liver Flush |
| Day 7 | Liver flush & recovery day | WOOHOO! How Many Stones Came Out? |





day 1
preparation

SHOPPING LIST, CHECKLIST & RECIPES

DETOX DAILY CHECKLIST

DAY ONE

I recommend you start on a Sunday so you can rest the following weekend after a flush day

8AM

12PM

3PM

6PM

- Shopping
- Preparation
- Dinner as normal
- 3-4 litres of water daily



- WELCOME & INFO SESSION

DAY TWO

- Liver shot
- Breakfast juice
- Jar salad
- Cherry juice
- 1 Apple
- Detox soup
- Chia pudding
- 3-4 litres of water daily



- SPIRITUAL MEANING OF DETOXING MASTERCLASS

DAY THREE

- Liver shot
- Breakfast juice
- Jar salad
- Cherry juice
- 1 Apple
- Detox soup
- Chia pudding
- 3-4 litres of water daily



- EMOTIONS OF THE LIVER MASTERCLASS

DAY FOUR

- Liver shot
- Breakfast juice
- Jar salad
- Cherry juice
- 1 Apple
- Detox soup
- Chia pudding
- 3-4 litres of water daily



- HYPNOTHERAPY RELEASE SESSION

DAY FIVE

- Liver shot
- Breakfast juice
- Jar salad
- Cherry juice
- 1 Apple
- Detox soup
- Chia pudding
- 3-4 litres of water daily



- LIVER FLUSH PREPARATION

8AM

12PM

3PM

6PM

FLUSH DAYS CHECKLIST

Join the private Facebook support group [HERE](#)
Share your results and see what others are saying!



DAY SIX

- 8AM Liver shot
 Breakfast juice
- 10AM Jar salad
 Cherry juice
- 12PM Detox soup
- 1.30PM 2 Apples

 3-4 litres of water
before 2 pm



2PM **NO FOOD OR WATER AFTER 2PM**

- 6PM Epsom salts
- 8PM Epsom salts
- 10PM Oil & grapefruit
Bed & lie down



LIVER FLUSH DAY

DAY SEVEN

- 6AM Epsom salts
- 8AM Epsom salts
- 10AM Fruit bowl - your choice
of fruit
- 12PM Light salad lunch
 1L Coconut water
- Dinner as normal
avoiding processed
foods, fats, dairy, sugar
or alcohol
- 3-4 litres of water daily



For the next 3-4 days it is recommended to prepare whole-food meals consisting of lean protein (chicken, fish, beef, eggs) with fruits, salads and veggies



LIVER FLUSH & RECOVERY

SHOPPING LIST

Fresh Produce:

- 1/2 small cabbage
- 2 carrots
- 1 small cucumber
- 9 red or green apple's
- 1 small zucchini
- 1 onion
- 7 stalks of celery
- 1 large pink grapefruit
- 7 lemons
- 1 large knob of ginger
- 4 cloves garlic
- 2 cups of fruit (pineapple, raspberries, blueberries, or strawberries)

Dairy/Alternatives:

- 1 small tub of vanilla coconut yogurt (150g)
- 1L plant-based milk (almond, oat, or coconut)
- 200ml Coconut milk

Specialty Items:

- 2 packets of konjac noodles
- 1L bottle sour Cherry juice
- 4 tbsp food-grade Epsom salts
- 1L Coconut water

Pantry Items:

- miso paste
- turmeric
- mint (dried or fresh)
- stock powder (chicken or veggie)
- chia seeds
- honey (or other sweetener: stevia, rice malt, agave, or coconut sugar)
- apple cider vinegar
- organic olive oil
- filtered water
- cayenne pepper
- salt & pepper

Containers:

- 5 x 500ml jars/containers
- 19 x 300ml jars/containers
- 5 x 120ml jars/containers



Liver Detox



7 Days

Where to buy

Most of the ingredients can be easily sourced from your local supermarket. Source Bulk Foods have smaller quantities of some items such as chia seeds & cayenne pepper -

[CLICK HERE](#)

Tart sour cherry juice organic, available at Farmer Jacks, Chemist Warehouse or [online here](#) -



[CLICK HERE](#)

Konjac noodles from Coles or Woolworths



[CLICK HERE](#)

Preserving jars from Kmart are super cheap and good quality -



[CLICK HERE](#)

Food grade Epsom salts (not the same as bath salts) from Souce Bulk Foods, you'll only need a small amount or buy your own food grade Epsom salts -

[CLICK HERE](#)

Notes

These are my suggestions on where to buy the products I use, but feel free to source your favourite brands that fit the criteria. Major supermarkets often stock a lot of these ingredients.

Use your own jars or Tupperware if you already have them. If not, I find these Kmart preserving jars so convenient to use, and they are just the right size and very affordable.



MISO GINGER SALAD

Makes 5 x 500ml Jar Salads &
1 x Jar of Salad Dressing

INGREDIENTS

Salad

- 1/2 Small cabbage
- 1 Carrot
- 1 Small cucumber
- 2 Apples
- 2 Packet konjac noodles

Dressing

- 2 Tsp miso paste
- 1 Small knob ginger (1 inch)
- 2 Medium lemons
- 5 Tbs apple cider vinegar
- 1 Tbs honey

METHOD

Salad Preparation Steps


- Thinly slice cabbage, dice cucumber, grate apple and carrot.
- Rinse and drain konjac noodles; layer ingredients in jars with noodles at the base.
- Add lemon juice to the apple to prevent browning; pack ingredients tightly.

Dressing Preparation

- Mix miso, honey, apple cider vinegar, grated ginger, and lemon juice in a jar.
- Store dressing in the fridge.

Serving Instructions

- Add dressing to jar salad daily, and shake well.
- Season with salt and pepper if desired; eat from a jar or plate.



LIVER SHOTS

Makes 5 x 120ml Shots

INGREDIENTS

Shots

- | | |
|---|-------------------------------------|
| 3 | lemons |
| 5 | Tbs olive oil |
| 1 | Pinch of cayenne pepper in each jar |

METHOD

Preparing Health Shots

- Use 120ml mini jars for layering lemon juice and olive oil.
- Squeeze juice from lemons, remove pips and piths, and divide equally into jars.
- Pour olive oil to match lemon juice levels, add cayenne pepper, and refrigerate.
- Shake well before consuming.



BREAKFAST JUICE

Makes 5 x 300ml Juices

INGREDIENTS

Juice

| | |
|-----|---------------------------|
| 7 | Stalks of celery |
| 2 | Lemons |
| 1 | Ginger knob around 1 inch |
| 1.5 | Litres of filtered water |

METHOD

Celery Juice Preparation

- Wash celery stalks, remove ends, slice into 1-inch pieces.
- Peel lemon skin and add lemon flesh to the blender.
- Peel ginger, and add to blender; for stronger flavour, add extra ginger.
- Blend with filtered water, strain, mix, and refrigerate in jars.
- Shake before drinking daily.



CHERRY JUICE

Makes 5 x 300ml Juices

INGREDIENTS

Juice

- 1 Bottle Sour Cherry Juice
- 1 Filtered water

METHOD

Cherry Juice Preparation

- Divide cherry juice evenly into 5 jars.
- Top off with filtered water, shake well, and refrigerate.
- Shake before drinking and sip slowly to practice mindfulness.



DETOX SOUP

Makes 5 x 300ml Soups

INGREDIENTS


Soup

- 1 Small zucchini
- 1 Knob ginger (1 inch)
- 1 Small carrot
- 1/2 Onion
- 4 Cloves garlic
- 1 Tsp turmeric
- 1 Tsp mint (dried or fresh)
- 2 Tsp stock powder (chicken or veggie)
- 1 Tsp olive oil
- 1/2 Tsp salt & pepper to taste
- 1.5 Litres of water
- 1 200ml Coconut milk

METHOD

Cooking Instructions for Soup

- Season the saucepan with salt, pepper, and olive oil; fry chopped onion and garlic until soft.
- Grate and add zucchini, and carrot, cook for a few minutes, then add water, stock, mint, and grated ginger.
- Bring to a boil, then simmer on low for an hour; cool, pour into jars, and refrigerate or freeze leftovers.



DESSERT CHI PUDS

Makes 4 x 300ml Puddings

INGREDIENTS

Puddings

- 12 Tbsp chia seeds
- 3 Cups of plant-based milk (almond, oat, coconut)
- 4 Tsp honey or other sweetener (stevia, rice malt, agave, coconut sugar)
- 2 Cups of fruit of your choice (pineapple, raspberries, blueberries or strawberries)
- 1 Small tub of vanilla coconut yogurt 150g


METHOD

Chia Pudding Preparation

- Mix chia seeds, sweetener, and milk; let sit for 5 minutes, then stir again and refrigerate overnight.
- In the morning, stir again.

Assembling the Dessert

- Prepare fresh or frozen fruit.
- Divide chia mix into jars, add coconut yogurt, and top with fruit.
- Wild blueberries are recommended for their taste and antioxidants.

A clear glass filled with bright orange juice, set against a light blue and white background.

LIVER FLUSH

Prepare Evening Day 5 & 6

INGREDIENTS

Epsom Water

- | | |
|---|-----------------------------|
| 4 | Tbsp food-grade Epsom salts |
| 3 | Cups of filtered water |

Grapefruit & Oil Juice

- | | |
|-----|-----------------------|
| 1 | Large pink grapefruit |
| 1/2 | Cup olive oil |

METHOD

Flush Preparation on Day 5 in the evening

- Mix Epsom salts with water and refrigerate.
- Measure half a cup of olive oil and prepare a pink grapefruit.

Flush directions on the evening of Day 6

- At 9:45 pm, measure half a cup of olive oil into a jar, and cut & squeeze grapefruit into a separate container to get at least half a cup of juice. Remove any pulp.
- At 10 pm, pour grapefruit into olive oil and shake until mixed well (emulsified - looks cloudy), drink immediately, and lie down in bed.

JUST IN CASE SNACKS

For When You Get Hungry



Lemon ginger tea



Dandelion Tea



Sliced Apple



Celery Sticks



day 2
masterclass

THE SPIRITUAL MEANING OF DETOXING

*Task
one*

BRAIN DUMP

write down what's coming up for you

Task
Two

ENERGY CLEAN

Which area are you going to clean



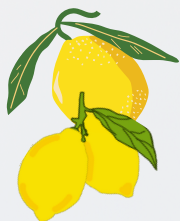
day 3
masterclass

EMOTIONS OF THE LIVER

*Task
one*

BRAIN DUMP

Write down what's coming up for you



day 4

hypnotherapy

RELEASING EMOTIONS OF THE LIVER

*Task
one*

HYPNOTHERAPY

Write down any thoughts or reflections

day 5, 6, 7



liver flush

PREPARATION, FLUSH, RECOVERY

LIVER FLUSH

Information

DO'S AND DON'TS

Start preparation evening of Day 5

Day 6 is flush day

Day 7 is recovery day

No food or drink after 2 pm on day 6

Follow instructions and timing for the best results

Extra hydration the morning of flush

Make sure you rest on the day after the flush

Start on a Sunday with food prep, so you can rest on the following Sunday

Avoid breaking your detox with rich or creamy foods

After your flush eat fresh, whole food, light meals

Hydrate well after your flush is complete

THINGS TO EMBRACE

Quiet time

Sunshine

Gentle movement

Early nights

THINGS TO AVOID

Alcohol

Heavy exercise

Excessive stress

Late nights

RESULTS AND WHAT TO EXPECT

Results can vary depending on how clogged your liver is. You may see chaff which is white flaky bits floating on the water, this can be the first release and you may need to repeat the flush. You can get thousands of stones or a few hundred. The more you release the greater the detox effect the better you will feel and the better you can process toxins in your body promoting healing.

Join the private Facebook support group **HERE**
Share your results and see what others are saying!





DAY SIX

Liver Flush Day

Day six

Morning wake up and start the day as normal, all food and water should be consumed before 2pm.

2 pm your meals for the day should be completed, and no water or food should be consumed after this. It is best to hydrate as much as you can during the day in preparation

6 pm Measure out 180ml of your epsom water and take your first dose

8 pm Measure out 180ml of your epsom water and take your second dose

9.45 pm Squeeze your grapefruit taking out any pulp so it's juice only and pour it into the olive oil jar and place to the side in preparation to drink at 10 pm on the dot. Spend the next 15mins getting ready for bed, go to the toilet or whatever you need to do. After you drunk your mix you'll need to lie down straight after.

The timing is super important to allow the stones to travel out of your liver

10 pm Make sure you are standing up, take your jar and shake until the its all mixed together and looks emulsified. Drink the whole glass straight away within 5 minutes. Immediately lie down to allow the stones to start releasing from the liver tubes

Day seven

6 am Measure out 180ml of your Epsom water and take your third dose

8 am Measure out 180ml of your epsom water and take your second dose

10 am Break your fast with a light breakfast

WHAT'S NEXT

I hope you've enjoyed your liver flush, if you have any further questions about your health or working with me feel free to reach out. I'm here to help you get to the best health of your life by healing naturally.

[EMAIL ME HERE!](#)

Much love Chloe

Disclaimer:

The guidance provided in this program is intended for educational and wellness support only and does not replace medical advice, diagnosis, or treatment. Please consult a qualified healthcare provider before starting any new health program, especially if you have existing medical conditions. Results may vary for each individual.